



TCHIMES

THE 2 MONTH CLEVELAND
ORIENTEERING KLUB NEWSLETTER

JUNE 2014

EDITORIAL

Next copy is August 2014.

Please e-mail any articles etc. to me at lewis.bremner09@hotmail.co.uk.

A big well done to Kath Aspin ran a splendid 3h 20mins 32 secs in the London Marathon

WELCOME

Well done to everyone who took part in the JK at Easter!

CLUB VACANCIES

We are urgently looking for volunteers to take on a vital role.

OFFICIALS FINDER

The Officials Finder ensures that we have organisers, planners and controllers for all the main monthly events throughout the year.

Please contact me peter@archerhome.demon.co.uk (01609 882420) or any member of the committee if you are interested.

Organisers, Planners and Controllers are needed to ensure that our events programme is secure. As you know there is no "Officials Finder" appointed for 2014 therefore I have published the "Events Programme" below. Please consider taking on one of these very important tasks.

Please contact Joan Selby (01642 782475)

Date	Location	Type		Organiser	Planner	Controller
29 Jun	Whitby Town	Urban-part of YHOA Urban Lge	C	Maureen Webb		
14 Sep	Roseberry & Newton Woods	Long O	C	Juniors will assist	Juniors with coach mentor	Juniors with coach mentor
19 Oct	Northallerton	Urban	C	Richard Rigby (Peter Arch mentor)	Karen Poole	Christine & Peter Roberts
16 Nov	Eston	Score	C		Duncan Archer	(Richard Rigby will Assist)
14 Dec	Ayton Moor	Long O	C		Richard Rigby	

CLOK TRAINING SESSIONS DARLINGTON

We are looking for people to come and join us at Polam Hall School in Darlington. Please can everyone to pass on to Family and Friends.

CLOK SURVEY RESULTS AND INTERPRETATION

JILL LIBBY

Many thanks to all the people who took the time to fill in the recent CLOK survey about club communication. Your input is very valuable.

This is my summary and interpretation of the information we gathered.

At the last AGM there were 190 CLOK members; 80 women and 46 juniors, so a survey return of 69 is a reasonable response; it would therefore seem reasonable to take the findings as reflective of general opinion and worth acting upon.

Most of the replies were from 35-69 y olds but there was a spread across the ages - I guess that the proportions roughly reflect the demographics of club membership and a 2:1 male:female response reflects the more active members with the majority reporting that they competed locally /nationally.

Most respondents had orienteered longer than 3 years ie again probably all well committed and active members. The number of newer orienteers correlates exactly with junior numbers who filled in the survey. It was a fair criticism that the question would have been better using one year (not 6 months) as the activity time span.

Social events were a popular minority activity.

The vast majority came into orienteering via a friend or family contact. A few started at university. Very small numbers came from schools or other publicity.

Encouraging existing members to spread the word personally among their own contacts would seem to be a more successful way of attracting new participants than generalised publicity.

Most people liked and continued orienteering for multiple reasons, not a single factor. Outdoor physical exercise was major, with social, intellectual and competition also important

The main reason for non-attendance at club nights was "too busy/ inconvenient". There does seem to be more interest than we are currently catering for so maybe we could consider club night formats that have specific target groups eg no children/ more physical or technical/ weekend timing/ closer venues.

There are 101 people receiving electronic Tchimes, and those without email access (about 5) receive a paper copy. Some people, especially juniors, share in the household. Not much sharing goes on beyond family members.

There is most interest in emails, electronic Tchimes and e-news as the communication methods currently used, but also specific information from the CLOK website and event notifications. There is least interest in paper Tchimes, CompassSport/Orienteering Focus and Facebook.

One third had read the whole of the CLOK website.

The responses to the final question pointed to how members would prefer to receive information. Changing the emphasis of club communication along these lines would also simplify things and probably be less time-consuming for the volunteers.

In summary this would be - the club website as the hub and focus, where "everything" can be found with back up from email reminders and an electronic magazine.

The nature of electronic communication is that what is available, peoples' usage and their expectations changes rapidly and will continue to evolve.

We need to discuss how this can be taken forward. Further ideas and feedback from any member is welcome.

A FEW WORDS FROM PIPPA ARCHER WHO WON W35.

My ankle can't take any fast running these days (or tarmac, which is why I don't run sprint), so I prepared for the JK by putting my emergency training plan into action: in the last few weeks before an important race, I head out for 30 mins every other day and jog up and down the steepest hill I can find. Unfortunately, this wasn't very good preparation for the first long race at the JK this year, which was largely contested over a relatively flat boulder field covered in deep heather. And after stomping around rather aimlessly for 73 minutes I found myself in joint 3rd, a good 10 minutes down. Oh well, next year...

However, I resolved to put in a solid performance on Sunday to make sure I was still on the podium at the end of the weekend. Heading into the -1 box a strong gust of wind blew rain in our faces and the little Swiss girl next to me looked a little nervous. I assured her it would be sunny round the corner and she giggled as the beeps counted us down to the start. A couple of technical little controls in the quarry and it was time to run up a hill - finally, something I'd been training for! Head down, small steps, don't push too hard, just keep moving...I know I'll be happier if I don't resort to walking. I followed a fence for a few hundred metres then did something that I rarely do; I stopped at the fence corner and took a really good bearing. This served me well so I tried it again on the next few controls - wow this really works (I am usually more of a contours

orienteer than a compass orienteer). A grin started to spread across my face as I skipped across the short heather (the boulders seemed to have been tidied away into piles on this area), and as the sky lit up with a flash of lightning I realised I was really enjoying myself! This positive feeling gave me good momentum and alertness through the rest of the course, and as I crossed the finish line I knew I'd run a good race, but was rather surprised to hear I'd taken the overall lead by ten minutes. Saturday's leaders had thrown in some massive errors and I was on top of the podium with Duncan - another victory for never giving up and smiling in the face of adversity!!

Cat Taylor came 3rd in the European Champs

To set the scene, the race was already special before it happened. At 8pm on the night before, it emerged that somebody had accidentally leaked the final courses online. Disbelief and laughter gave way to resigned shrugging as we went to bed not knowing if there would be a race at all. Many people must have worked through the night to replan the courses and prepare the maps and I woke to team leader Liz Campbell saying, "It's on! There'll be a race today."

I was already tired after a fortnight of chaotic travel and less than successful races and this new chaos felt like one too many ups and downs. Despite the big day, I started without the usual race-day bounce and it wasn't long before I felt tired. Conversely, I think this was a key success factor; my thoughts were all about keeping going, running a minimum of extra distance and trusting that all the winter's training would be enough for a fairly good run anyway, big things having to wait for another day. I guess many other runners pushed too hard in the fast and open forest and made mistakes, whereas I ran relatively cleanly. The first indication that things were going better than fairly well was the arena passage, when the GBR crowd seemed quite excited, then finishing with a leading time. Still, there were 14 more people to come in so it wasn't sure that I'd reach my top ten aim or podium dream.

It was too much maths after 72 minutes' hard running; my energy went into eating, drinking and getting changed (quite difficult when people kept coming to give reports and say well done). Plus, after everything that had happened previously in the week, I wasn't sure I trusted any preliminary results. It took quite a while to dare to believe the bronze medal but a couple of hours later, on the way home from the novelty of my first anti-doping control, the smile fixed itself in place.

It was really cool that I wasn't the only CLOK runner in the final - Peter Bray made a great senior championship debut against an extremely tough field. I can't finish without

saying thankyou to everyone for the support and congratulations - it's been wonderful to be able to share the feeling with so many people!

INTERLAND 2014 BY AIDAN RIGBY

Interland is ainter country match between England, two Belgian teams (Flemish and French speaking), the Netherlands, the Nordrhein-Westfalische (NW Germany) team and the French Ligue Nord-Pas de Calais de course d'orientation (LNPCCO). It spans all age classes and is judged over just one classic race. The event was in Northern France and organised by VALMO. This time the event had a middle race and a sprint race on the day before as a warm up. I had been selected for the England team and was competing in the Under 17 category.

The middle race came straight up after we arrived in France. Of all the races this weekend I was most pleased with this one. I went in with a good race mind set and focussed well for most of it. This mind-set immediately helped on the first control when I managed to trust my compass and head off on the right path when everyone else around me was going the opposite way. I hit it straight on! I sailed through the next 6controls hitting every control smoothly running visualising and planning well! I was moving too fast at control 7 and again missed making a plan and instead charged off to high. Ended up with a 45s mistake on a simple control. Hit 9 well but again a lack of a plan caused me to make a worse mistake at 10. Was looking for a pit in broken ground and without a plan drifted round for 2min before relocating and finding it easily! I refocussed and began to hit the rest of the controls well with few errors if any! Finished 57s ahead of second which I was happy with and I was impressed at the way I regained concentration after the mistake at 10.

The night sprint was in the forest around the accommodation. This wasn't very good by my other race standards but I don't think it was ever going to be. I had hardly done any night racing before and the scale completely threw me. Raced off and overshot no.1 by a distance and wasted 30s. The only thing that really annoyed me and I think I could learn from is how I didn't immediately react to this initial mistake and slow down. Instead I charged off to the next and then the next. Had wasted 2min before I had reached no.4. Was smoother through the next few but lost it again over 7 and 8. Was slow through the rest of the forest section and there wasn't enough time to regain the time I'd lost . Ended up coming 5 in a race I should have won. Lots to take from it and above all it was a fun new experience of fast night racing so I will hopefully be back trying that again.

Up early for the long distance the next day and this was on a brambly forest on the side of a slag heap. Good race and I orienteered well. It wasn't perfect however. I

started slowly and drifted 100m too low on the first control but rectified it easily and I lost 30s max. I was quick through the next few controls with few errors and I took quite a few places here I think. Next small error was at control 5 where I was too hesitant into the circle and lost 30s because my plan was not accurate enough. I could have solved this with more confidence and a clear plan. The next four legs were mostly quite long and I hit all of them straight on and I think I was fairly fast through the tough terrain as being from the NE I was used to thick brambles. Became too confident and again this led to a loss of an accurate plan for control 10. As a result of this I thrashed about in some trees for 1.5min which could have been so easily avoided. Control was in a pit but I should have hit it if I'd thought about attacking it properly rather than going straight for it. Quite frustrating! Got my head back in the race and went through the last three controls well!

In the end I managed a 3rd in an under 17 category so I was pleased with that. I also managed to successfully combine all three races to win that competition!

It was a great weekend. England won the event with good results all round. It was brilliant to represent the country and I really enjoyed it.

MY JK EXPERIENCE AIDAN RIGBY

The JK (Jan Kjellström) Orienteering festival takes place every year over the Easter bank holiday and is one of the premier events in the UK orienteering calendar. It comprises of a sprint race, a middle/ long (middle for elite classes only) and a classic distance race. There are also team relays. This year it was in Wales around the Swansea area and even so many CLOK runners went down for it.

I was running the M16A and there were about 100 runners with many international ones competing on my course.

The sprint was the first race of the weekend held around the Swansea university campus. I really wanted a good run to get things off to a good start. I went well out the start and was straight onto the first control. The next section was in parkland and I lost time on this section as I could not determine whether the hedges were crossable or uncrossable and ran round them all. I was running quickly through the open section and managed to control my speed again as I hit the more tricky building section where I was hesitant on a couple but overall I was fairly quick. The last few controls came quite easily and I managed a good time to place me 3rd overall.

The long race took place on Merthyr Common and the terrain was unlike much I had experienced before with a wealth of deep negative features. I managed to get it right though. I prepared well and had a good plan off the start line. As a consequence I was fast off the start and hit the first control straight on. I continued with accurate plans and good compass bearings through the next two controls. I was just slightly distracted at 4 and pulled slightly off my line but this only caused a max 20s error. The subsequent few were all quite similar and required solid concentration but I hit all of

them well. #9 was a longer leg but I went in with the right plan of checking off features along the way. This worked and I was very accurate to the control. By this time I was quite tired and we were put straight back across the moor on another long leg. Due to a lack of concentration and planning I took a bearing which threw me badly off my line. I was in the process of struggling to relocate when I was put back on track by another runner coming into my control. I learnt my lesson and was smoother through 11 and 12. On control 13 I was already thinking about the finish and instead of properly contouring round the hill I ran straight off it. I was quick to relocate but it involved an extra slog up the hill to punch the control. The subsequent legs were good. I think max loss of time over the course was about 4min but it was an area where everyone made mistakes and in comparison mine were fewer and further between. My end position was 1st with 30s over Norwegian Kasper Fosser in 2nd.

The classic race was on similar terrain to the day before. The weather wasn't nice with thunder clouds and mist descending but I think I had a start where it was slightly more forgiving. Again quick off the start I was accurate through the early quarry section. I had realised before I had set off that the leg as soon as we left the quarry was likely to be the hardest and, as a result, I had a strong plan and used my compass effectively and I hit it head on. I had no major problems with 4 or 5 and just kept on planning and focussing on compass work. A slight error on 6 as I got pulled high when I saw a boulder before my control. I was quick to relocate, however. By then I had picked up a Norwegian runner who followed me and we ran quickly through the next few controls including a tough one up through the valley to 10. #11 was a long leg but I was accurate with the navigation which was what was required. #13 I was pulled too high by a control on the top of the marsh rather than half way down it and on #14 drifted slightly left of the line on the map. I ran headless into the area near the finish filled to the brim with controls and ran between a few of them before actually thinking and hitting my own. Overall though I had a really good run with max. 2min of errors and I ended up just second to Kasper Fosser by 5 secs overall. Quite frustrating if you think over about 85min of running it came down to this margin but I was pleased with the way I had ran over the weekend.

The races had all been selection races for events and national training camps over the summer and with my results I was selected for EYOC (European Youth Champs), the National Talent Development camp in Sedborough, the JHI (Junior Home International) in Oban and finally a summer tour to Stockholm for training. My sister had similarly good runs on the W18E and was selected for all these events too.

This isn't a comprehensive list but notable results from other CLOK runners are :

- Peter Bray in 8th on M21E in the combined long and middle
- Alan Elder 2nd on M21L in the combined long and middle
- Duncan Archer 1st on M35L in the combined long and middle and in the sprint
- Brendan Anglim 8th on M40L in the combined long and middle and 5th on the sprint

- Alistair Mackenzie 8th on M55L in the combined long and middle
- Natalie Martin 3rd on W12B in the combined long and middle
- Pippa Archer 1st on W35L in the combined long and middle
- Anne Cranke 7th on W55L in the combined long and middle and 3rd on the sprint
- Alison Elder 8th on W60S in the combined long and middle
- Eileen Bedwell 2nd on W80 in the combined long and middle and 3rd on the sprint
- Alice Rigby =5th on W18E on the sprint
- Clarissa Napier 5th on the sprint

BRITISH CHAMPIONSHIPS WEEKEND.

The British Championships were held in Northumberland with the Long race taking place on Thrunton woods and Callaly and the relay on The Cragg estate and Chesterfield common.

As my club (CLOK) were helping to organise the event we arrived early and it was a great day with some great sunshine. It was a long walk to the start but it gave me a chance to warm up properly. I had made sure my pre race preparation was fairly good and I was sort of ready for how bad the terrain was going to be but still it came as a shock when the first leg was uphill through the bilberries. I took it easily and hit it straight on which was a huge confidence boost. #2 and #3 were both smooth too and I was just relying on using my compass to navigate. On #4 I misinterpreted the contours and ended searching around the re-entrant below instead of on the spur. The longer leg to 5 was just a simple path route choice and I just tried to give maximal effort with the easier running. #6 I navigated well to but 7 was diagonal down across the bilberries and I misjudged the height and was searching in some lower crags for a while. By this point I had caught Samuel Galloway up and we pushed each other up the hill to 8. I made a stupid error to #9 where I overshot the control and had to divert back to it once I had relocated off a further boulder. After that mistakes were fairly rare. I had a good run across the deep heather to 10 despite falling flat out multiple times. Sam pushed me again on the path leg to 11 and again to 13. I ran hard through the last few controls in the wood again relying less on features than just taking an accurate bearing and sticking to it. Running became seriously difficult in the brashings near the penultimate control but I was just pushing for the line by then. Finished well with a reasonable run in time. It was good to have had such a good race as I had a string of not so good runs post JK. I was really pleased with my win as it shows that the extra training on top of school work and rowing has paid off.

I stayed overnight near the relay day and was surprised to find the heat so great again. I had hoped to run in CLOKs premier men's team but due to numbers I ended up running in the Junior ad-hoc with younger members of my club. I took the long leg and this ended up being the last leg. My two runners before me both had strong runs and I went out in the lead but we still had the longest leg to go. I went out hard as the runability of the area was really fast. I was straight onto #1 and then fairly quick to

#2 as well. They were both easyish controls but I did manage to navigate to them well at speed. I joined a little train into #3 but lost this as I was forced to scramble up the bank beyond to #4. I misjudged this control and came in too high. I lost some time with some hesitation around #5 but was straight onto #6. #7 and #8 were visible from the spectator area so I did my best to just focus on the navigation. I was quick on the leg back up the hill to #9 but made another small mistake on #10 reading a depression as a re-entrant. 30seconds wasted here which I was so gutted as I realised I was in 2nd by this time period as I ran down the run in. Remarkably we ended up taking the victory as the team that beat us had mis-punched on the final leg. I know the Ad-hoc is one of the less highly contested age classes but it felt great to share a victory with the younger runners in my team.

Overall I really enjoyed the weekend having two super races on home terrain and Ultimately this gave me extra confidence to focus and train hard for a good result at EYOC that takes place later this month.

BRITISH ORIENTEERING CHAMPIONSHIPS WEEKEND, NORTHUMBERLAND 31ST MAY- 1ST JUNE

CONGRATULATIONS to CLOK's British Champions -

Aidan Rigby M16

Eileen Bedwell W80

Also to Duncan Archer 4th in M21Elite

These are the CLOK runners spotted in the results lists; apologies if I missed anyone.

It seems courses were tough and worthy of a British Championship.

M14B

Oscar Anglim 21/29

Thomas Aspin 28

M16A

Aiden Rigby 1/34

John Hunter

M18L

Tim Hunter 1/1

M21E

Duncan Archer 4/24

M21L

Nick Martin 3/6

M40L

Brendan Anglim 8/20

M45L

David Crockett 31/37

Richard Rigby 33 M45S

David Aspin 3/13

M50L

Neil hunter 44/58

David Murphy

M55L

Alastair Mackenzie 16/48

Rob Bailey 24

Stephen Restorick

M75L

Mike Hardy 12/16

Barry Harrison

W12A

Natalie Martin 14/19 W14A

Rebecca Aspin 18/26

W14B

Livia Wright 3/4

W18E

Alice Rigby 6/16

Eloise wright 12

Sophie Mioceovich 14

W45L

Isla Mathieson 22/38

Carolyn Rigby 26

W50L

Caroline Mackenzie 26/33

W55L

Ann Cranke 8/27

W70L

Joan Selby 8/11

W75

Clarissa Napier

W80

Eileen Bedwell 1/2

"Prizes" for the longest time out in the terrain go to.....

Nick Martin 198.29 mins

Richard Rigby 187.00 mins

Caroline Mackenzie 164.26 mins

In the relay competition **Oscar, Livia and Aidan took first place in the Junior Ad Hoc race.**

Other top relay results were Peter Bray, Nic Barber and Duncan Archer; 4th in the Mens' Premier event

Eloise Wright, Ann Cranke and Pippa Archer; 5th in Womens' Short Alastair

Mackenzie, Chris Wright and Brendan Anglim; 6th in Mens' Short

A YEAR IN THE TALENT DEVELOPMENT SQUAD ALICE

RIGBY

Last summer I was lucky enough to be selected to attend the British Orienteering coaching camp in the Cairngorms and from that and the Scottish Six Days results I managed to secure a place in the Talent Development Squad. This is made up of 33 athletes aged 16-20 from across Britain. We have had 3 fantastic coaching camps this year each at the start of a new phase in our periodised year. Jackie Newton, the squad coach, has also come to visit people in the different regions twice. It has made a tremendous impact on how I race and train and every junior should aim to try and get a place.

The 1st training camp was based in Stockport and was all about physical fitness. Saturday saw us run a Parkrun followed straight away by 6 x 200m sprints, a 2 hour lecture about lactate threshold training, 4 master classes on core work / plyometrics / agility and finally the dreaded step running exercises. It was an awesome but exhausting day and Sunday was no let up with hill reps (up and down) followed by a 9km self planned long run with a few terrain sections thrown in across the moor. I was exhausted!

6 weeks later I got to see my friends again at Sedbergh as we moved into the precompetition phase of training: shorter, faster physical training and the start of some technical work. Saturday saw short steep hill reps, a lecture from Jackie Newton on different training types and their benefits, a gym strength and conditioning session, an acidosis session and another talk from Mark Nixon on route planning. An acidosis session is where you run repeated 80m sprints with 10s rest between at top speed, it hurts! We actually got to see a map for the first time on Sunday when Quentin Harding planned us some technical training. Simulated relays, no north lines and no compass was the order of the day.

Finally 6 weeks before the JK, which held the major selection races for all of us, the final camp was held at Graythwaite and we just orienteered. Leading up to this camp we had been given a target to run through 150 controls so this saw me running longer courses than normal and going out again in my quest for an extra control or two. We got to run on great areas such as Graythwaite and Rusland beeches as well as have a master class from Tessa Hill who joined us on the Saturday.

Being part of the squad has been hard work but I know my fitness and orienteering have improved a lot because of it. Again, any juniors should certainly look at the selection policy

which comes out every December to work out the races you need to do to be in with a chance of selection. Usually M/W16s need to be within 15% of the winner's time and M/W18s and 20s within 17.5% at selection races.

ENGLISH SCHOOLS' CROSS COUNTRY CHAMPIONSHIPS

ALICE RIGBY

After a few selection races throughout the winter Aidan and I formed part of the Cleveland team at the English Schools' Cross Country Championships in March. We had both been selected last year but decided to go orienteering instead so it was a completely new experience for both of us.

After a very early start and coach ride down to Donnington Park race circuit we had time to walk the route only to find that the organisers thought it was too long so changed the number of laps we had to run just before racing started. As we had heard horror stories of the mass starts with 300+ runners we decided to see what all the fuss was about and watch the Intermediate Girls race start. It was terrifying! Each county team of 8 was herded into a pen 1.5 x 0.5m and then when the gun went there was a 600m straight sprint until the course turned a sharp left with people falling over and being jumped over by other athletes wearing 0.5mm+ cross country spikes.

However, after the carnage of the start, people started to settle into groups after about 1km and it was nice to see lots of other orienteers from around the country we know. Also, another bonus of the day was that there was no mud on the whole course.

Aidan had a very strong race just finishing outside the top half in a field of over 360 runners, being the bottom year in the age class and was very pleased to have run a 5km PB on grass. My race was next and after a crazy 1st kilometre (I never usually run 3:45min/km in a cross country race) I was happy to feel that all those hill reps over the winter were finally paying off as I only ever seemed to gain places while going uphill. I finished in 159th, just inside the top half, and am looking forward to next year because if I had been 1 minute quicker I could have halved my placing.

Overall we both enjoyed what was a unique experience and feel that anyone trying to improve their speed while orienteering should try some cross country racing because it really does push you to your running limits.

AND FINALLY FROM PETER ARCHER

WHEN WRITING FLYERS FOR EVENTS

It has been brought to our attention by the Intellectual Property Manager of Portakabin Limited, that when writing flyers for events, we should not advertise "Portaloo" available. Portaloo is a trademark name [™] for facilities manufactured by them. I suggest that we all use the same term, "portable toilet".